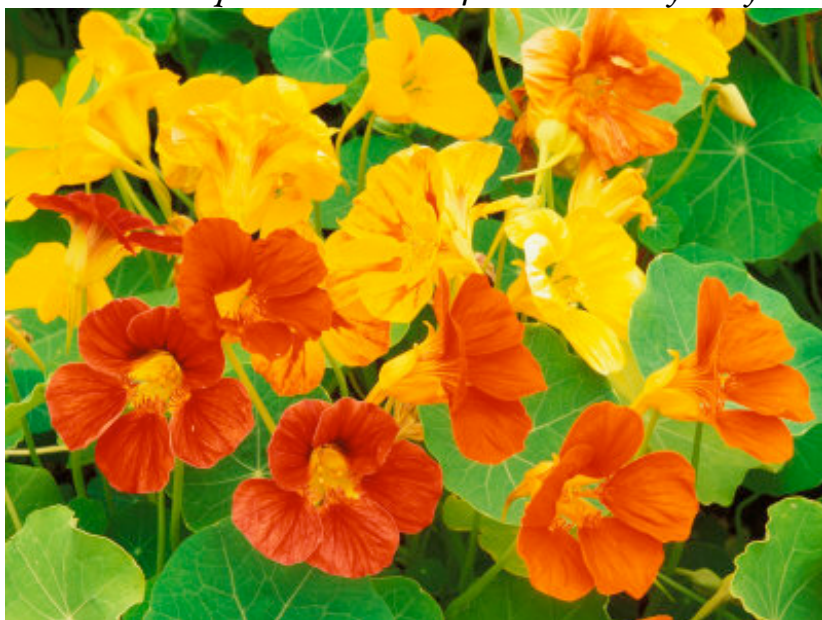


The Herbarian

2012!

Ohio's Herb Capital celebrates its 40th anniversary this year.



Nasturtiums are the flowers typically associated with the fortieth anniversary.

January has this way of bringing things back into view. No longer are there year-end deadlines, or things you wish you would've made *time* for - there's plenty of that, for now. January is full of plans, nay, resolutions, and organizational schemes, forward-looking, without thought of regret.

Here in Ohio the cold and stillness of winter brings with it quiet time for reflection; coupled with the New Year, it gives pause and time to look ahead. The mailman brings daily brightly-printed catalogs of seeds and plants, and all things new for the coming spring in anticipation of a fresh beginning.

2012 marks the beginning of the fifth decade of herbal acknowledgement in Gahanna, though it feels as if it has only begun. Within the last year, the Herb Center gained itself a permanent home and greater recognition within the community. Gahanna's new Herbal Culinary Trail beckons to visitors, enticing them with delicious foods; other local businesses have taken up a sprig of rosemary, denoting an herbal focus; the center itself has added new programming, and will continue to update and build upon the strong foundation we were given to work upon.

Hope. Anticipation. Perhaps a little excitement. Celebration? Why not?

A new year is unfolding - like a blossom with petals curled tightly concealing the beauty within.

Herb of the Year: the Rose



Family: Rosaceae

Genus: Rosa

There are over 100 different species of Roses.

Throughout the world of literature and art, no flower compares with the weighted symbolism of the rose. Its depiction, sometimes as evocative and stirring as its seductive scent, has graced pages and canvases for well over two thousand years of history.

Each meeting this year, we'll take a few moments to discuss some of the aspects of the rose. Sign up for study participation!

HERB OF THE MONTH: LAVENDER

There's little mystery behind lavender's popularity: the dreamy, rich floral aroma lingers long after the flowers have dried. Its alluring scent has captivated for thousands of years, the Egyptians having first recorded its uses and domestication. It was a scent made for the gods, for its use was reserved for the royal families, and for practical application in the passage to the afterlife.

The Greeks made use of lavender in more down-to-earth ways. The physician Theophrastus (3rd C. B.C.) discussed at length the herb's aromatic value and its effect upon health. Rome was even more practical; the herb was given a military use, and was included in every soldier's kit as the vast legions set out to conquer Gaul and Britain. Its reputation spread, and grew.

And history continues; lavender appears time and again as a 'favorite of Queen Elizabeth', or 'included in the perfumed soaps of Charles VI'. Ages

were carried, borne by that scent so enchanting, that its uses today are common knowledge.

Lavender exemplifies the definition of an herb; its applications can be used to enhance many aspects of daily life, from rich culinary desserts to the soft fragrance tucked away in a dresser drawer.



TO SLEEP PILLOWS AND PERCHANCE TO DREAMS



*We are such stuff
As dreams are made on, and our little life
is rounded in sleep. - The Tempest.
(4.1.168-170)*

Comfort pillows, sleep pillows and dream pillows are all terms which

refer to a small sachet of herbs which are inserted inside a pillow or bolster upon which to take rest. The three terms, however, refer to slightly different things.

Comfort pillows are perhaps the more arcane term; filled with a restful herb (usually lavender), they make their appearance and take prominence in the middle ages, comforting the sick, soothing the tired, and sometimes, calming infants. While these were at some times used upon beds, they were just as often employed as positioning pillows upon chairs and benches.

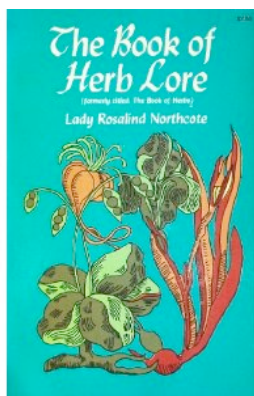
Sleep pillows are those which contain a blend of calming herbs (hops is notable), allowing the body to slow down, the mind to unwind, and allow the natural onset of blissful sleep.

Dream pillows differ from their comfort and sleep companions primarily due to the types of herbs included. While it contains both restful and calming herbs, an addition of herbs which enhance the memory are added (mugwort; rosemary). It is said that upon waking, having slept with a dream pillow, you may recollect more vividly that which passed through the night.

SUB ROSA

*In the rose bed, mystery glows. The secret is hidden in the rose. The **Gulistan**. (Rose Garden) is a work of Persian prose, written around 1259. Its author, Sa'di, is considered one of the most influential Islamic poets of his time. Just as a rose garden is a collection of roses, the **Gulistan**. is a collection of stories and is a widely-quoted source of wisdom. His inspiration was from a friend whom was picking roses for a table. He suggested that the flowers were fleeting, and that a garden would give greater joy, for a longer time.*

LENDING LIBRARY REVIEW

**The Book of Herb Lore**

This particular volume of our library is a 1971 Dover reprint publication of *The Book of Herbs*, second edition (1912), written by Lady Rosalind Northcote. From what information is available, Northcote was an English lady who authored several articles on local folklore and geography of Devon in southwestern England.

The book itself can be described most readily as a collection of short essays regarding many aspects of herbs. The author has sectioned off her work, first detailing herbs that were used 'today' (the early 1900s) and ones of historical value. Her later chapters go into further detail on both the folkloric value of herbs - their use in heraldic emblems and symbolism - and their practical culinary and medicinal uses.

Although there are numerous (and more current) general herb guides in our library, the literary references and curious legends collected together in this volume make for a delightful book on herbal folklore.

VOLUNTEERISM

OHEC welcomes members of the Gahanna Herb Society as volunteers to further our mission of education and to assist with upkeep of the Nafzger-Miller House. Our immediate needs are for volunteers to regularly tend to our plants, do light housekeeping, and other time-specific duties. Volunteers are welcome during any of our open business hours or on Saturdays. If you have a specific herbal interest you'd like to pursue and share with the membership or have ideas for upcoming classes, let us know!

Earn your Tansy Tuppence:

Give two cents, and earn two pence! With the Tansy Tuppence program, participation in herb society activities earns credit toward year-end rewards. It's as easy as furnishing a tasty snack for one of our meetings, joining and participating in a subcommittee, or assisting on one of the monthly herb studies. Starting in February!

Herbs of the Month:

Each month during our Tuesday night meetings, we'll be highlighting a culinary herb and dedicating 7-10 minutes for discussion. Members are encouraged to come prepared to lead these discussions. A sign-up sheet will be available at each meeting for the remainder of the year.

Submissions Accepted!

Would you like to write an article for an upcoming newsletter on your favorite herbal topic, or an experience you've recently had in the garden? E-mail it to wendy.winkler@gahanna.gov

Calendar

All meetings begin at 6:30

January 10 -

Dream & Sleep Pillows
Herb of the Month: Lavender

February 14 -

Herbs & Chocolate
Herb of the Month: Rosemary

March 13 -

Lasagna Gardening
Herb of the Month: Oregano

April 10 -

Spring Cleaning w/ Essential Oils
Herb of the Month: Parsley

Making Scents

*Information from Judith Fitzimmon's
Aromatherapy through the Seasons*

Eucalyptus

Eucalyptus is a plant which is native to Australia, but now cultivated worldwide. The native Aborigines used eucalyptus leaf infusions as a traditional medicine to treat body pains, sinus congestion, fever and colds.

Eucalyptus essential oil has a strong, clean, medicinal scent which carries an equally as strong antiseptic, anti-viral and antibiotic property.

Common Cold Antiseptic Spray

3 drops Eucalyptus
4 drops Lavender
7 drops Lemon
2 drops Rosemary
2 drops Tea Tree

Mix all oils together. Add 8 drops of the blend per 1 qt. water. Use the spray to clean floors and surfaces and disinfect germ-prone areas.